



Health and Fitness

10 minute Challenge - Exercise Program

	Exercise	Sets	Reps	Rest
Cardio	Run	4	1 lap	1 minute
Muscular Endurance	Mountain Climbers	2	20	1 minute
Muscular Endurance	Butterfly sit-ups	2	10	1 minute
Flexibility	Single Leg Pike Stretch	2	10s	No Rest